

Name \_\_\_\_\_

Block \_\_\_\_\_

**Fast-Food Nutritional Info**

\*\*TheDailyPlate.com

\*\*DietFacts.com

\*\*FoodFacts.info

\*\*FastFoodNutrition.org

\*\* GOOGLE SEARCH FAST FOOD NUTRITION FACTS

\*YOU ARE TO VISIT THE ABOVE WEBSITES AND CHOOSE 9 FAST-FOOD RESTAURANTS THAT YOU NORMALLY DINE AT. IF YOU DO NOT EAT FAST-FOOD, THEN SIMPLY CHOOSE ANY 9 OF YOUR CHOICE.

\*\* NEXT, YOU WILL CREATE ONE MEAL FOR EACH RESTAURANT YOU HAVE CHOSEN (BREAKFAST, LUNCH, OR DINNER). FOR EACH MEAL YOU WILL RECORD CALORIES, CARBOHYDRATES, FATS, PROTEINS, AND SUGARS IF AVAILABLE.

EXAMPLES:

Starbucks	Calories	Carbohydrates	Fats	Protein	Sugars
Caramel Brownie	580	60	36	5	44
Grande Caramel Macchiato	320	37	14	12	34

McDonalds	Calories	Carbohydrates	Fats	Protein	Sugars
BigMac	600	50	33	25	8
Large Fries	540	68	26	8	0
Large Fanta	230	56	12	0	56

\*\* FOR INFO REGARDING CHIPOTLE MEXICAN GRILL PLEASE GO TO THE FOLLOWING WEBSITE OR TYPE "CHIPOTLE NUTRITIONAL INFO" INTO GOOGLE.

[http://www.chipotlefan.com/index.php?id=nutrition\\_calculator](http://www.chipotlefan.com/index.php?id=nutrition_calculator)

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars

	Calories	Carbohydrates	Fats	Protein	Sugars